

Please replace the paragraph beginning at page 8, line 25, with the following rewritten paragraph:

-- Referring now to Figure 2, it can be seen that the spaces 5 have been filled with an energy absorbing dilatent compound material 6 leaving a hollow core 7 therein. These hollow cores can be left empty or they can be filled with a low density material such as ~~Duolite spheres~~ spheres of an ion exchange resin sold under the tradename DUOLITE™ (available from Rohm and Haas Company, Philadelphia, PA) or any other suitable low weight filler which would help to add resilience to the carrier 1 as a whole and also help to keep the energy absorbing dilatent compound material 6 in its predefined shape illustrated in Figure 2. --

Please replace the paragraph beginning at page ¹⁰~~8~~, line ⁴~~25~~, with the following rewritten paragraph: 8b 1-2-09

-- Figure 6 shows the carrier illustrated in Figure 5 but with the gaps 15 filled with an energy absorbing dilatent compound material 16 to leave hollow cores 17 therein. These can be filled with a lightweight material such as ~~Duolite~~ DUOLITE™ spheres or another low weight filler which helps to add resilience to the carrier material and also helps to maintain the energy absorbing dilatent compound material 16 in the illustrated defined shapes. The liquid energy absorbing material 16 can be allowed to skin over so the hollow cores 17 are left with just a protective skin thereof. --